

## AEROBICS (CONT.)

### Mobile Mommy Wheelies w/Ursula (4 classes)

Workout with your little ones in strollers. Strength training, sculpting and cardio to help mom shape up.

**Session I:** Thurs., 9:30-10:15 a.m., June 24-July 15

**Location:** Koons Park

**Fee:** \$35R/\$40NR (#11634)

### Middle Eastern Dance w/Karida (6 classes)

Burn calories, tone muscles, build stamina, increase flexibility, grace and confidence.

**Dates:** Wed., 6-7 p.m., June 23-July 28

**Location:** Friendship Center, Room 106/109

**Fee:** \$50R/\$53NR/\$46M (#11784)

## SPORTS/LEISURE

### Tai Chi Simplified w/J. Jackson (11+/no age limit!) (10 classes)

Learn the Tai Chi 27 short form movements based on the Yang Style Tai Chi. Soft high movements with emphasis on posture, balance, and breathing naturally in rhythmic harmony. Benefits of Tai Chi practice are stress control, tension release, stimulation of the mind, improved concentration focus/coordination, promotion of a general sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

**Dates:** Thurs., 10-11 a.m., June 24-Aug. 26

**Location:** Friendship Center, Room 118

**Fee:** \$100R/\$105NR/\$80M (#11566)

### Tai Chi Style Essential w/J. Jackson (11+/no age limit!) (10 classes)

Learn the Tai Chi 18 low form movements based on the Chen Style. Low movements done w/balance of fast and slow, hard and soft with spiraling movements for the cultivation of tranquility w/explosive power w/natural breathing. Benefits include stress control, tension release, stimulation of the mind, improved focus/coordination, promotion of a sense of well-being and keeping flexible. Wear loose clothing and flat-soled footwear.

**Dates:** Thurs., 7:30-8:30 p.m., June 24-Aug. 26

**Location:** Friendship Center, Room 118

**Fee:** \$100R/\$105NR/\$80M (#11567)

### Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

**Dates:** TBA

**Location:** Friendship Center

**Fee:** \$16R/\$19NR/\$12M (#11631)

## SPORTS/LEISURE

### Adult Golf w/Bumble Bee (4 classes)

**Beginner:** New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

**Dates:** Tues., 6-7 p.m., June 15-July 6 (#11575)

Mon., 6-7 p.m., July 12-Aug. 2 (#11576)

Sun., 1-2 p.m., Aug. 15-Sept. 12 (#11577)

Sat., 9:30-10:30 a.m., Oct. 2-23 (#11578)

**Location:** Bumble Bee Hollow

**Fee:** \$65R/\$70NR

**Advanced Beginner:** Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

**Dates:** Tues., 7-8 p.m., June 1-22 (#11404)

Mon., 7-8 p.m., July 12-Aug. 2 (#11572)

Sun., 2-3 p.m., Aug. 8-29 (#11573)

Sat., 10:30-11:30 a.m., Sept. 11-Oct. 2 (#11574)

**Location:** Bumble Bee Hollow

**Fee:** \$65R/\$70NR

**Intermediate:** Continue to develop technique.

**Dates:** Mon., 7-8 p.m., June 7-28 (#11402)

**Location:** Bumble Bee Hollow

**Fee:** \$65R/\$70NR

### Personal Wellness Coach Training w/Kim

Have you met with our Coach and established goals? Consider the option of continued training to keep you on track to obtaining those goals in the most effective manner. Kim will work with you to develop a health and fitness program with your personal goals in mind.

**Dates:** By appointment

**Location:** Friendship Center

**Fee:** \$42M/\$47NM (per hour)

\$29M/\$34NM (per 1/2 hour)

### Misbehavior Detectives

A Positive Discipline Experiential Workshop: classes for parents who want to learn non-punitive, respectful methods and get to the root of their child's misbehavior, regarding children of all ages — even teens. Teaching based on the book *Positive Discipline*.

**Dates:** Sat., June 12, 9 a.m.-1 p.m. (orientation 6/8, 6-7 p.m.) (#11805)

OR- Sat., July 24, 9 a.m.-1 p.m. (orientation 7/20, 6-7 p.m.) (#11806)

**Location:** Friendship Center, Conference Room

**Fee:** \$15R/\$18NR/\$12M (orientation free-must pre-register!)



## ADULT SPORTS/LEISURE (CONT.)

### Beginner Spanish w/Bella (Ages 18+) (10 classes)

Interactive class learning four skills of reading, writing, listening and speaking.

**Dates:** Wed., 7-8 p.m., June 23-Aug. 25

**Location:** Friendship Center, Room 106

**Fee:** \$96R/\$101NR/\$80M (#11773)

### Intermediate Spanish w/Bella (Ages 18+) (10 classes)

For those with some basic knowledge or prior classes.

**Dates:** Thurs., 7-8 p.m., June 24-Aug. 26

**Location:** Friendship Center, Conf. Room

**Fee:** \$96R/\$101NR/\$80M (#11774)

### Stress, Adapt or Perish w/Dr. Levan (16+)

Learn about the causes and how to improve your reactions to stress.

**Date:** Tuesday, June 15, 6-7 p.m.

**Location:** Friendship Center, Room 106

**Fee:** Free to public — must pre-register! (#11769)

### Adult Tennis w/CPTS (4 classes)

**Beginner:** For those who never played before. Basic stroke development and game readiness.

**Dates:** Mon., 6-7:15 p.m., June 7-28 (#11348)

Mon., 6-7:15 p.m., July 12-Aug. 2 (#11349)

Mon., 6-7:15 p.m., Aug. 9-30 (#11350)

Mon., 6-7:15 p.m., Sept. 13-Oct. 4 (#11351)

**Intermediate:** For those who want to raise their level of play with fast paced drills, situation/match play.

**Dates:** Mon., 7:15-8:30 p.m., June 7-28 (#11353)

Mon., 7:15-8:30 p.m., July 12-Aug. 2 (#11354)

Mon., 7:15-8:30 p.m., Aug. 9-30 (#11356)

Mon., 7:15-8:30 p.m., Sept. 13-Oct. 4 (#11357)

**Location:** Brightbill Park

**Fee:** \$45R/\$48NR

### Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted.

Must Pre-Register! Limited space. Coed.

**Dates:** Wed., 7-9 p.m., June 23-Aug. 25 (#11665)

-OR- Sat., 10-11:30 a.m., June 26-Aug. 28 (#11666)

**Location:** Friendship Center, Gym #2/#3

**Fee:** \$60R/\$65NR/Free to members!

### Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

**Dates:** Tues., 6-7 a.m., June 22-Aug. 24 (#11781)

Thurs., 7-9 p.m., June 24-Aug. 26 (#11641)

-OR- Sat., 8:30-10 a.m., June 26-Aug. 28 (#11642)

**Location:** Friendship Center, Gym #2/#3

**Fee:** \$60R/\$65NR/Free to Members!

### "All You Can Eat" Weight Loss Program w/Bentz

No weighing or measuring. Heart healthy! Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

**Dates:** By appointment

**Location:** Friendship Center

**Fee:** \$84R/\$89NR/\$70M (#11640)

### Fibromyalgia w/Dr. Homza (Ages 18+)

Different types, common causes and proper management of this chronic problem.

**Date:** Thursday, June 17, 6-7 p.m.

**Location:** Friendship Center, Room 109

**Fee:** Free to public — must pre-register! (#11753)

### The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

**Date:** TBA

**Location:** Friendship Center

**Fee:** TBA (#11639)

**JOIN PENN COLONIAL SWIM CLUB**

**671-6663**

**(Friendship Center members receive discount.)**

## SOLES FOR SOULS

### Changing the World One Pair at a Time!

Children and adults around the world need shoes. Shoes provide comfort as well as a way to prevent diseases and infections spread through cuts and scrapes on the foot. The Friendship Center is now accepting shoe donations in the front lobby. All types of new or gently worn shoes are being accepted: athletic, running, dress, sandals, pumps, heels, work boots, cleats, dance and flip flops. Accepting shoes until June 30, 2010.



## ADULT SPORTS/LEISURE (CONT.) SPECIAL NEEDS

### Summer Smoothies w/The Family Wellness Center

A demonstration workshop where you learn the benefits of cellular nutrition for optimal health. Green vegetable juicing is a powerful immune builder. Also learn different types of juicers, benefits of juicing, and simple steps to making healthy juices and smoothies as a regular part of your diet. Includes recipes and samples.

**Date:** Wednesday, July 14, 6:30-7:30 p.m.

**Location:** 1000 Briarsdale Rd., Suite A

**Fee:** Free to public! Must pre-register! (#11804)

### How to Improve Moods Naturally w/The Family Wellness Center

Your skin is the largest organ in your body. What goes on in your skin goes on in your body. Learn about cosmetics and personal care products which you use everyday and reduce your risks of toxic exposure to chemicals not good for your body.

**Date:** Wednesday, June 16, 6-7 p.m.

**Location:** Friendship Center, Room 112

**Fee:** \$3R/\$5NR/Free to Members! (#11803)

## PERSONAL TRAINING



**BENTZ, DAVE, KAREN, LORI, & URSULA**  
CERTIFIED FITNESS PROFESSIONALS  
FOR PERSONAL TRAINING.

#### FEE:

\$42 Member/\$47 Non-Member (per hour)

\$29 Member/\$34 Non-Member (per 1/2 hour)

**New Buddy Training System**  
(2 people w/trainer)

#### FEE:

\$32 per Member/\$37 per Non-Member (per hour)

\$23 per Member/\$28 per Non-Member (per 1/2 hour)

**New "6 pack" training card**  
(purchase 6 at one time)

#### FEE:

\$174 Member/\$204 Non-member (per 1/2 hour)

\$252 Member/\$282 Non-member (per hour)

**Call 657-5635 for more information.**

**The Friendship Center  
in collaboration with  
Easter Seals of Central  
Pennsylvania is proud  
to offer therapeutic  
recreation programs  
for children and adults  
with disabilities.**



To participate in any Easter Seals program an additional \$20 one-time annual registration fee must be sent to: Easter Seals Central PA  
Attn: Therapeutic Recreation Department  
2201 S. Queen Street, York, PA 17402

For additional information, please go to  
[www.eastersealscentralpa.org](http://www.eastersealscentralpa.org)  
or contact Matt Ernst  
at 591-7027.

### Easter Seals Day Camp

For those with any disability and/or special needs.

Groups divided by age and disability. Increase social skills, self-confidence and recreation activities, swimming, arts/crafts, cooking, sports/games, music and much more! Any other questions about Easter Seals, contact them at 591-7027.

**Dates:** Mon./Fri., 9 a.m.-3 p.m., Aug. 9-13, -OR- Aug. 16-20, OR- Aug. 23-27

**Location:** Friendship Center

**Fee:** \$315 per week (To register contact Easter Seals.)

### "Splash It Up" (All Ages) (6 classes)

Designed for the needs and abilities of participants with disabilities or special needs as well as a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn water safety and swimming skills along with physical fitness and social interaction skills.

**Dates:** Thurs., 6-6:30 p.m., June 24-July 29 (#11748)

Thurs., 6:30-7 p.m., June 24-July 29 (#11749)

Thurs., 7-7:30 p.m., June 24-July 29 (#11750)

**Location:** Friendship Center, Leisure Pool

**Fee:** \$85 per person

### Special Scuba w/Ron (12 & up)

Go under water for an exciting and new experience. Trained divers. Therapeutic Specialist on site.

**Date:** Saturday, June 26, 1-3 p.m.

**Location:** Friendship Center, Lap Pool

**Fee:** \$45 per person (#11770)

## HIGHMARK



### Eat Well for Life I w/Mary Lou (4 classes)

A lifestyle improvement program promoting wellness and long term weight management through nutrition, physical activity, and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

**Dates:** Wed., 5:30-7 p.m., June 9-30

**Location:** Friendship Center, Conf. Room

**Fee:** \$55R/\$60NR/\$50M (#11798)

**Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.**

### Eat Well for Life II w/Mary Lou (4 classes)

The second level of the lifestyle improvement program promoting nutrition, physical activity and stress management. Materials available for \$15 for Non-Highmark Members the first day of class.

**Dates:** Wed., 5:30-7 p.m., July 7-28

**Location:** Friendship Center, Conf. Room

**Fee:** \$55R/\$60NR/\$50M (#11429)

**Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.**

### Discover Relaxation Within I w/Gary (4 classes)

A program designed to identify and reduce individual stressors through learned relaxation techniques.

**Dates:** Wed., 7-8:30 p.m., June 9-30

**Location:** Friendship Center, Conf. Room

**Fee:** \$55R/\$60NR/\$50M (#11796)

**Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.**



### Drop 10 in 10 w/Lynn (10 classes)

An exciting program designed to help you lose 10 lbs. of body weight in 10 weeks through a progressive program of optimal nutrition, exercise and behavioral changes.

No use of gimmicks, pills or potions!

**Dates:** Tues., 11-12 a.m., June 15-Sept. 7 (#11794)

**Location:** Friendship Center, Room 112

**Fee:** \$55R/\$60NR/\$50M

**\$16 materials fee. Highmark Medical Insurance Members are FREE! Must pre-register. Insurance Id. required.**

## ADULT ARTS & CRAFTS

### Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

**Dates:** Tues., 6:30-8:30 p.m., June 22-Aug. 24

**Location:** Friendship Center, Room 106

**Fee:** \$87R/\$90NR/\$70M (#11630)

### Tatting w/Judy (6 classes)

A knitting technique that is completed with a tatting shuttle. Simply a basic knit repeated over and over. Very easy. Call for supply list.

**Dates:** Monday, 10-11 a.m., June 21-Aug. 2 (#11565)\*  
-OR- Thurs., 6-7 p.m., June 24-July 29 (#11564)

**Location:** Friendship Center, Room 106/\* Conf. Room

**Fee:** \$50R/\$53NR/\$40M

### Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is June 12.**

**Date:** Monday, 7-9 p.m., June 14

**Location:** Friendship Center, Conf. Room

**Fee:** \$11R/\$14NR/\$8M (#11788)

### Kids Crop w/Michele (Ages 5-15)

Bring 13 photos of a scene or event (birthday parties, friends) and go home with a completed paper album.

Great gift for Father's Day!

**Date:** Wednesday, June 16, 9-11:30 a.m.

**Location:** Friendship Center, Conf. Room

**Fee:** \$32R/\$35NR/\$25M (#11787)